

# ***Go Be Great!***

## **Daily Announcements**

### **WEEK 1**

This is week 1 of the ***Go Be Great*** empowerment journals and our school community will be focused on trust.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Trust is something that we have to work to build. This week we will all focus on building trust within our school community by doing things to help each other be great!

That means using positive and encouraging words, completing our work, and doing the best we can every day. Let's focus on trust.

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### **WEEK 2**

This is week 2 of the ***Go Be Great*** empowerment journals and we will be focused on showing enthusiasm!

Enthusiasm is a good feeling you get when you are excited about a goal and are motivated to work toward that goal.

Enthusiasm can be contagious in a good way! When people see your positive enthusiasm, they start feeling enthusiastic too! Enthusiasm comes from learning about things that you're interested in and sharing what you've learned with the world. Enthusiasm is an important ingredient of greatness.

This week we're going to share our love of learning about our interests. Let's share our enthusiasm.

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### **WEEK 3**

This is week 3 of the ***Go Be Great*** empowerment journals and we will be focused on encouragement!

Feeling encouraged is a positive emotion that comes when you feel like things are going your way and you want to keep charging ahead!

Encouragement can boost your energy and enthusiasm. You can give people encouragement when they feel tired or disappointed. Using kind and positive words is one of the best ways to give people encouragement.

This week we're going to encourage each other to keep being the best we can be.

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### **WEEK 4**

This is week 4 of the ***Go Be Great*** empowerment journal and we will be talking about fear. Fear is uncomfortable but it's meant to keep us safe from danger. Fear is also useful when it tells us to ask for help from people we trust.

Fear also help us act bravely and demonstrate courage. We see courage when people do what's right even though they are afraid. Encouragement can help us be brave.

This week we're going to look for friends and family members who are trying to be brave. We're going to give them support and encouragement and help them do what's right. And, if we feel fear, we're going to ask the people we trust for help.

Be courageous. ***Go Be Great!***

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### **WEEK 5**

This is week 5 of the ***Go Be Great*** empowerment journal and all week we will be focused on motivation. Motivation is a positive feeling that gives us focus and energy while we're working toward a specific goal. It's related to enthusiasm. It helps push us past challenges toward our greatness.

One great way to find motivation is to think about how what you're doing can help other people. As you learn in your classes, you're working toward a future where you have unique skills to help people. While you're focusing on your best behavior, you're helping create a great learning space for your classmates and teachers.

It's not always easy to stay motivated, especially when things aren't easy. This week let's help motivate each other.

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### WEEK 6

This is week 6 of the *Go Be Great* empowerment journal and we are going to think about how a feeling of trust also helps us feel happy and relaxed.

When we can trust our classmates and friends to help us build a positive learning space, then we can feel happy and relaxed while we learn together.

When our teacher can trust us to do our best work and focus on what we're learning, then they can feel happy and relaxed as they teach our class.

Trust is an important part of our school community. Positive learning spaces are built on trust.

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### **WEEK 7**

This is week 7 of the ***Go Be Great*** empowerment journal and it's time to look at enthusiasm and how it connects to our purpose.

Your purpose is to find your greatness and share it with the world. School is an important place to figure out what you're really interested in, and then learn as much as you can.

Learning with purpose is a great way to show the world your enthusiasm.

Don't forget to encourage your classmates as they live and learn with purpose.

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### **WEEK 8**

This is week 8 of the ***Go Be Great*** empowerment journal. This week as a school we're going to focus on encouraging our classmates with kind words that help to inspire them toward their unique greatness.

When you see someone working toward their personal interest — tell them how inspiring they are.

When you hear a classmate encouraging a friend — jump in and multiply the kindness and positive energy.

Kindness and encouragement can change the world for the better.

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### **WEEK 9**

It's week 9 of the ***Go Be Great*** empowerment journal. This week we're going to find ways to live with courage.

The smallest act of courage can inspire others and help create a better and safer learning space for everyone.

It might take courage to ask for help. It might take courage to admit that you made a mistake. It might take courage to show the world a hidden talent.

Living courageously doesn't mean you don't feel fear. It means you do feel fear, but you do what's right anyway.

Live with courage.

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### **WEEK 10**

It's week 10 of the ***Go Be Great*** empowerment journal. It's time to look at how we did on our 5-week ***GREAT Goals*** and think about a ***GREAT Goal*** for the next 5 weeks. Working toward goals takes motivation.

Who has helped you stay motivated toward your goal? Who have you helped stay motivated toward their goal?

Look around at your amazing classmates and let them motivate you. Return the favor by using your kindness and enthusiasm to motivate their greatness.

Gandhi said, "The future depends on what you do today."

The students in our school will shape the future.

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